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## ***NEWS FROM THE 11<sup>TH</sup> DISTRICT***

### **REMINDER FROM LEGISLATOR BARRAGA OF UPCOMING “FALLS PREVENTION” PROGRAM**

Suffolk County Legislator Tom Barraga (R-West Islip) would like to take this opportunity to remind mature residents of the upcoming workshops being hosted by the West Islip Public Library.

The Suffolk County Department of Health Services will be conducting two programs focused on falls prevention. Both programs are intended to empower mature adults to carry out behaviors that reduce the risk of falls while improving their quality of life.

The first workshop, a CDC model program is entitled “Stepping On,” - a seven-week course focusing on improving strength and balance, home and community safety, vision, safe footwear and medication review.

The second workshop entitled “Staying Independent for Life” covers much of the information that is provided in the “Stepping On” program in a condensed two-hour session.

According to the CDC each year one out of three adults age 65 and older falls. Falls can cause moderate to severe injuries, such as hip fractures and head injuries, and can cause the risk of early death. Death rates from falls among older men and women have risen sharply over the last ten years and people age 75 and older who fall are four to five times more likely than those age 65 to 74 to be admitted to long-term care facility for a year or longer.

The “Stepping On” Program will be held on Tuesdays from 10:00am – 12:00 pm on July 16, 23, 30, and August 6, 13, 20, and 27 at the West Islip Library located at 3 Higbie Lane, West Islip, NY.

**For additional information about the Suffolk County falls prevention programs, please contact the Suffolk County Department of Health Services at 631-853-3032.**